




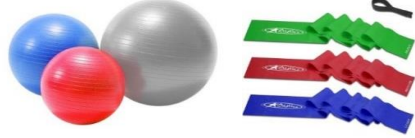

# Supply Resource Guide for Fitness Equipment






**If a hotel provides an onsite fitness facility, it shall be of adequate size with appropriate flooring and shall include at least the following (all items Commercial grade):**

1. Equipment:
  - a. One (1) treadmill;
  - b. One (1) upright/recombinant bicycle or elliptical machine;
  - c. Three (3) strength stations or one combined unit or at least five (5) sets of dumbbells with bench
2. A flat panel television (i.e. LED, LCD, Plasma) that is at least 81 cm (32") or larger
3. Drinking water, a clock, a full length mirror and towels shall be provided in the fitness facility.

**Best Western Supply - US 800.528.3601 // Canada 800.297.8775**

Product	Description	Available Through
	Treadmill	Johnson Health Tech/ ProMaxima/ True Fitness/ Stak Fitness
	Elliptical OR Exercise Bike	Johnson Health Tech/ ProMaxima/ True Fitness/ Stak Fitness
	Weight Bench and free weights	Johnson Health Tech/ ProMaxima/ True Fitness/ Stak Fitness
	Stability Balls and resistance bands with stretching area	Johnson Health Tech/ ProMaxima/ True Fitness/ Stak Fitness
	Weighted or kettle balls 5-50 lbs.	Johnson Health Tech/ ProMaxima/ True Fitness/ Stak Fitness

<b>Equipment - TV</b>	<b>TV</b>	BW Supply
	Required: One (1) 32 inch minimum flat panel televisions	
<b>Equipment - Water</b>	<b>Water Dispenser - U.S.</b>	Avalon H2O (212) 679-1000 <a href="https://www.avalonh2o.com">https://www.avalonh2o.com</a>
	*For placement inside gym area Recommendation: Avalon A5, Bottleless Water Cooler	
<b>Equipment - Water</b>	<b>Water Dispenser - Canada</b>	Van Houtte (647) 544-8206 <a href="http://www.vhcoffeeservices.com/equipment/ion/">http://www.vhcoffeeservices.com/equipment/ion/</a>
	*For placement inside gym area Recommendation: ION Water Cooler, Table Top, Offers Cold, Hot & Sparkling Water	